

Are you at risk for Tetanus or Diphtheria?

In the spring, people tend to be more active indoors and out. This makes it easier to come in contact with tetanus. Tetanus lives in dust and soil. It can enter the body through cuts, scrapes and even splinters.

Are you at risk?

These activities can expose you to tetanus or diphtheria:

- Gardening or doing other yard work;
- Working around wood or wood products;
- Living or working with animals, including pets, that may bite or scratch you;
- Traveling to other countries.

Are you protected?

Immunization is the most effective way to protect yourself and your family. Over time your bodies' ability to protect you against tetanus and diphtheria decreases. Adults need a booster shot every 10 years.

You may need a Tetanus-diphtheria (Td) booster shot if you:

- Cannot remember when you got your last Td booster;
- Are not sure you ever had a Td shot;
- Are aged 60 years or older.

Talk to your doctor, nurse, or clinic to find out if you are due for your next Td booster.

If you have any questions about tetanus or diphtheria call the Washington State Department of Health at **1-866-397-0337**, send an email to immunizations.support@doh.wa.gov or visit <http://www.nfid.org/powerof10/>.